

# Facets

*for women*

March 2008

## DEVOTED to POLITICS:

Jan Bauer turns  
beliefs into action

Boone sets  
the stage  
for Madam  
President

You can  
make it  
happen



# HAVE YOU EVER WONDERED WHAT A NEW SMILE COULD DO FOR YOU?

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# hue & cry

**Definition:** Any loud clamor or protest intended to incite others to action.

## You Can Make Things Happen: Get Involved This Election Season

By JOLENE PHILO



I've never been a political animal, at least not since my junior year at Le Mars High School. Nixon and McGovern were running for

president and Mr. Boyer, our very innovative social studies teacher, paired off his six government classes into three mock campaigns. We appointed campaign managers to whom he allocated mock campaign budgets. Each class staged special events and put up advertising in the hallways. Candidates gave speeches prepared by their writers. Even though we were as cocky as 16-year-olds get, we thought the campaigns were the coolest thing since the Beatles.

On Election Day, our entire junior class voted in all three mock elections. And we cast our wishful ballots for president. Our high school was one of the few places in the nation, outside of South Dakota, that went for McGovern. His resounding defeat in the national race disillusioned me. All fall the media had made noises about Watergate. By my way of thinking, if the Americans who were old enough to vote couldn't see what a bunch of small town 16-year-olds had already surmised – that Nixon had broken the law – what good were elections?

Though disillusioned, I did not wholly abandon politics. During election years, I skim the papers. I listen to a debate now and then. And I always vote. But I'm pretty

sure my McGovern trauma explains why I've never participated in politics with great enthusiasm. I've never done the Iowa caucuses, never gone to a political rally, never worn a campaign button (though my McGovern/Shriver button is still in my jewelry box) and never put a bumper sticker on my car. After all I tell myself, I live in Boone, not a real hotbed of politics.

I rationalized my lack of political involvement quite successfully, until a recent visit to the Boone County Historical Society. During the visit, Charles Irwin, the curator of the society's museum, and Suzanne Caswell, one of the museum's most dedicated volunteers and secretary of the board, told me about the part that local women played in our country's suffrage movement. Many of the women involved weren't highly educated. Many of the ones who had an education had to fight to obtain it. Many were the first or only women to practice in their chosen fields. Many were seen as kooks, radicals and troublemakers. And they lived in Boone, not a real hotbed of politics.

During the early 1900s, they hosted our state's suffrage convention four times. They didn't quit until the 19th Amendment passed. Partly because of their local efforts, you and I and our daughters and our granddaughters can vote. Their story told me that I need to change my political attitude in order to preserve and improve upon their hard won gains.

So I've decided on my first step. My 19-year-old daughter recently said she isn't registered to vote. When she's home

for spring break, I'll help her do that so she's ready when the presidential election rolls around. I've even put a note in my planner so I won't forget.

I'm not sure about my second step. It's not the caucus, since I missed this year's, and it's a little early to mark my planner for 2012. But there are other things I can do. My husband and I can discuss our views at supper. I can read the papers more thoroughly this election season. I can tune into more debates. And on Oct. 25 I can honor the memories of the women who fought for my right to vote by attending the anniversary celebration of Boone's 1908 suffrage march (see page six).

Still, I doubt that I'll ever become a political animal, and that's OK. Maybe you're like me, or perhaps you're different and are itching to dive into the political fray. Whatever your level of passion and whatever your political affiliation, as a woman your involvement in the political system should be more than a dutiful trip to the polls every few years. We should view political involvement as a hard-won and precious privilege. We should find some way to be involved in the system.

So what will you do this election season? How can you get involved? Your town may not be a political hotbed, but don't let that stop you. In the early 1900s, those Boone women didn't think of their little town as a place that would help change our country. But that's exactly what it became. They got involved. They made it happen.



Forward-thinking  
women

Next month:  
Green/gardening issue

# WELCOME TO Facets

Facet - 1. One of the flat  
surfaces cut on a gemstone.

2. The particular angle  
from which something  
is considered.

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Jan Bauer

*By Ronnie Miller*

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Julie Waters

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E-mail Dave Kraemer at  
dkraemer@amestrib.com





# Soul nurturing FITNESS

By DEBRA ATKINSON

**I**n the 1970s if you exercised, you ran. If you realized, like Rae Okiishi, that it wasn't good for your soul, you soon found something else.

Forward-thinking fitness-oriented women know that to lift weights is to slow the inevitable loss of 1 to 3 percent bone density that occurs each year after the age of 30. They know they will be helping avoid the risk of devastating falls and fractures. They know that aerobic activities are good for their heart and their heart health. Forward-thinking fitness-oriented women like Rae Okiishi knew these things and more.

She knew what activities were good for her soul. Before Oprah and Bob Greene, before *The Secret* and even Kenneth Cooper, before the marketing of unique if not unusual group fitness classes exploded, she knew. Before life coaches, she knew that music nurtured her soul and was a necessary component in her physical activity.

Ask her about her exercise program now and she describes not sets and repetitions or programs she uses on the elliptical, but the music that moves her. She'll tell you about the rhythmic quality of movement that is a necessary part of her per-

sonal wellness movement. Even while teaching aerobic dance classes over the decades (since 1976), she relished the ability of music to heal. The "space between musical notes to breathe" created the environment and experience often missing from modern-day group fitness, at least for Okiishi.

Her body's needs and ways of nurturing it have evolved over the decades. She's now in the pool more often. But you'll find her saved by any monotony that running in the water might bring. Her H2O audio system brings the dance floor to the pool and has allowed her to again perform her physical activity in a way that buoys her soul. If you happen to peer from your goggles under the water you'll see her foot patterns are those of a dancer.

Wellness has been a way of life for Okiishi. She's asked, on occasion, "do you still do that?" She doesn't teach much group fitness any more. Not for lack of interest. On the contrary. She has tremendous interest. But in her life right now, finding ways to be of service and to give back, and visiting grandchildren, keeps her interests away from Ames too often to be what she calls a dependable teacher. She's invested in her health and wellness for at

the least the past four decades and is now able to choose how to spend her energy. She really is still teaching by role modeling and likely will always do that. To music.

Forward-thinking fitness-oriented women stay active to avoid the average 10 ounce loss of muscle per year that is all too often disguised by the average gain of a pound a year. This muscle wasting, called sarcopenia, weakens the body and its ability to support itself and do daily activities of living.

Forward-thinking women value the enhanced mood and cognitive functioning attributed to regular exercise. The increase in neurotransmitters as a result of exercise counters the natural decrease that occurs with aging. Depression and its symptoms, affected by the decrease in neurotransmitters with aging, may be improved or avoided with an appropriate exercise program.

No matter what their biological age, forward-thinking women determine how they can improve their wellbeing. Though they may not add years to their lives, they add life to their years with physical activity.

Rae Okiishi was unavailable for the interview when first contacted. She was teaching a hula class.



The Universalist Church once sat on the southeast corner of 7th and Carroll streets in Boone. The location is now the parking lot of the YMCA.

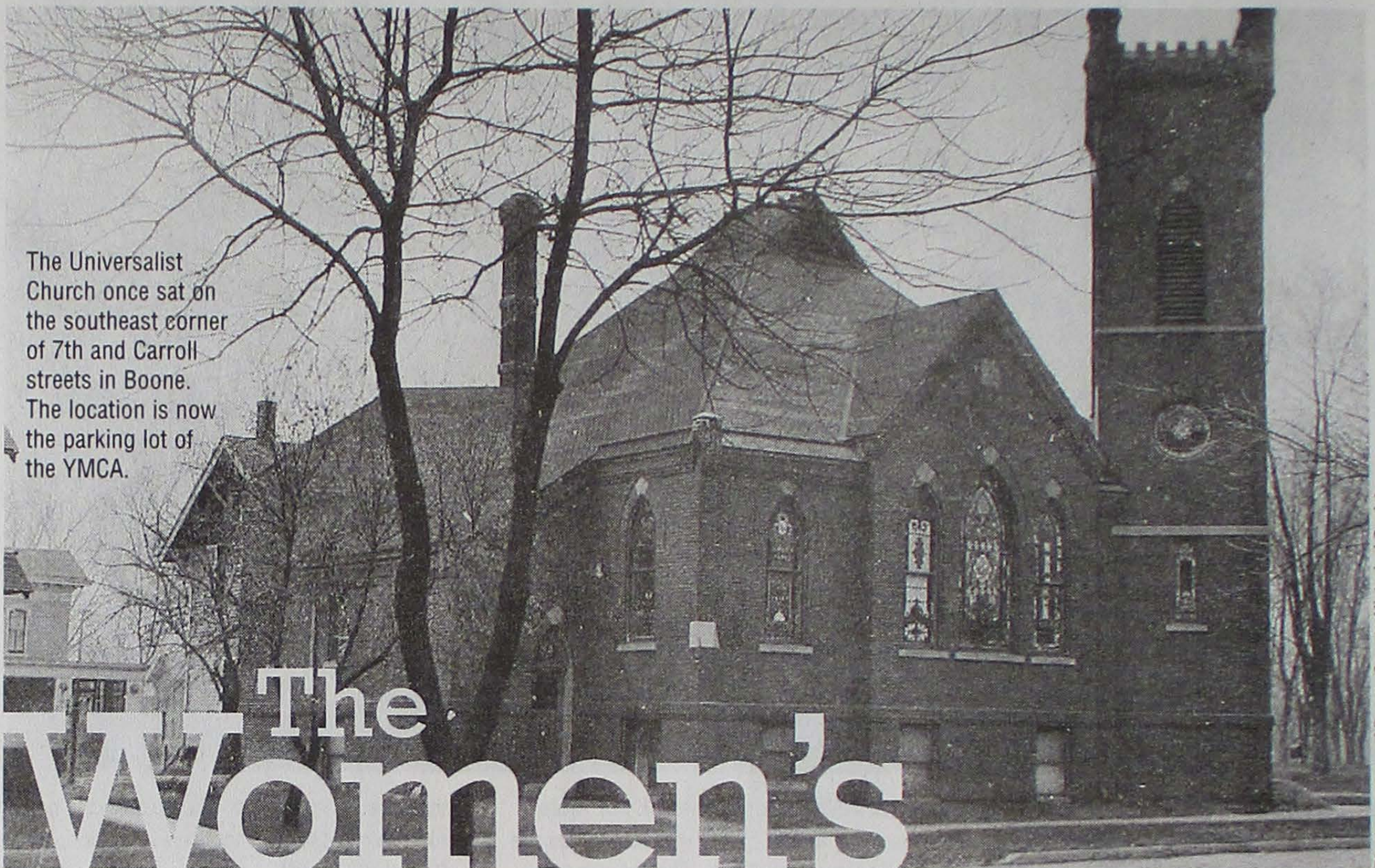


Photo courtesy of Boone County Historical Society

# The Women's SUFFRAGE MOVEMENT:

## The Day They Marched in Boone

By JOLENE PHILO

**M**aybe you're a Hillary supporter. Maybe you're not. But no matter which political leanings you hold, her participation makes this year's election, a pivotal one. For the first time, an American woman could be a viable contender in the presidential race. And believe it or not, Boone, Iowa, hosted an event almost 100 years ago that helped pave the way for this year's historic election.

Oct. 29, 1908

The Iowa Equality Suffrage Association state convention was held in Boone in 1908. During the planning stages, Eleanor Elizabeth Gordon, a Des Moines Unitarian minister and the president of the association, decided a parade would be added to the event. She and Rowena Edson Stevens, president of the Boone Equality Club, patterned

theirs after those held in England during that time period.

The parade formed outside the Boone Universalist Church on Oct. 29. Marching behind the Wilder-Yeoman Concert Band, at least 200 suffragettes carried flags and banners printed with slogans including, "The evils of Democracy are cured by more Democracy" and "Let the Iowa Women Free." The





Rowena Edson Stevens, former resident of Ames and Boone, helped organize the 1908 women's suffrage parade.

participants went from Boone's Universalist Church to the corner of Eighth and Story Streets. There they paused while Rev. Dr. Anna Howard Shaw, president of the National Woman Suffrage Association, delivered a speech from the back of an open touring car. Then the parade made its way back to the Universalist Church where the marchers

disbanded.

Many believe that Boone's parade was the first of its kind in the nation. It is known to be the only one held in Iowa. The inclusion of the parade in the convention marked a national shift toward more militant demonstrations by the women's suffrage movement. The new tactics proved effective. In 1919, the United States Congress

passed the 19th Amendment, which gave women the right to vote in national elections.

Oct. 25, 2008

Despite the significance of the parade, its hundredth anniversary almost went unnoticed. But Suzanne Caswell, secretary of the Boone Historical Society Board, noted the approaching anniversary and started her preparations months ago. When she learned that the members of

First Unitarian Church in Des Moines were interested in commemorating the event, they decided to collaborate. Recently the Iowa League of Women Voters and the Iowa Commission on the Status of Women joined the effort. The Boone High School, which is located near the original convention site, will be the venue for the Oct. 25 anniversary celebration.

A few weeks after the celebration, Americans will cast their votes and perhaps elect our country's first woman president. One hundred years ago, Iowa women played an important role in changing the political landscape in our country. Perhaps the upcoming anniversary celebration will encourage women to make an impact for the next century, too.

### Why Boone?

In 1908 Boone had about the same population it does today. Its size made it a prominent secondary Iowa city, along with Ames, Marshalltown, and Fort Dodge.

The presence of the railroad made Boone an easier travel destination than Des Moines and many other cities in the state.

Boone hosted Iowa Equality Suffrage Association conventions in 1903, 1908, 1913, and 1919. During the 1919 convention, the association dissolved and the Iowa League of Women Voters was founded.

### Was it the first parade?

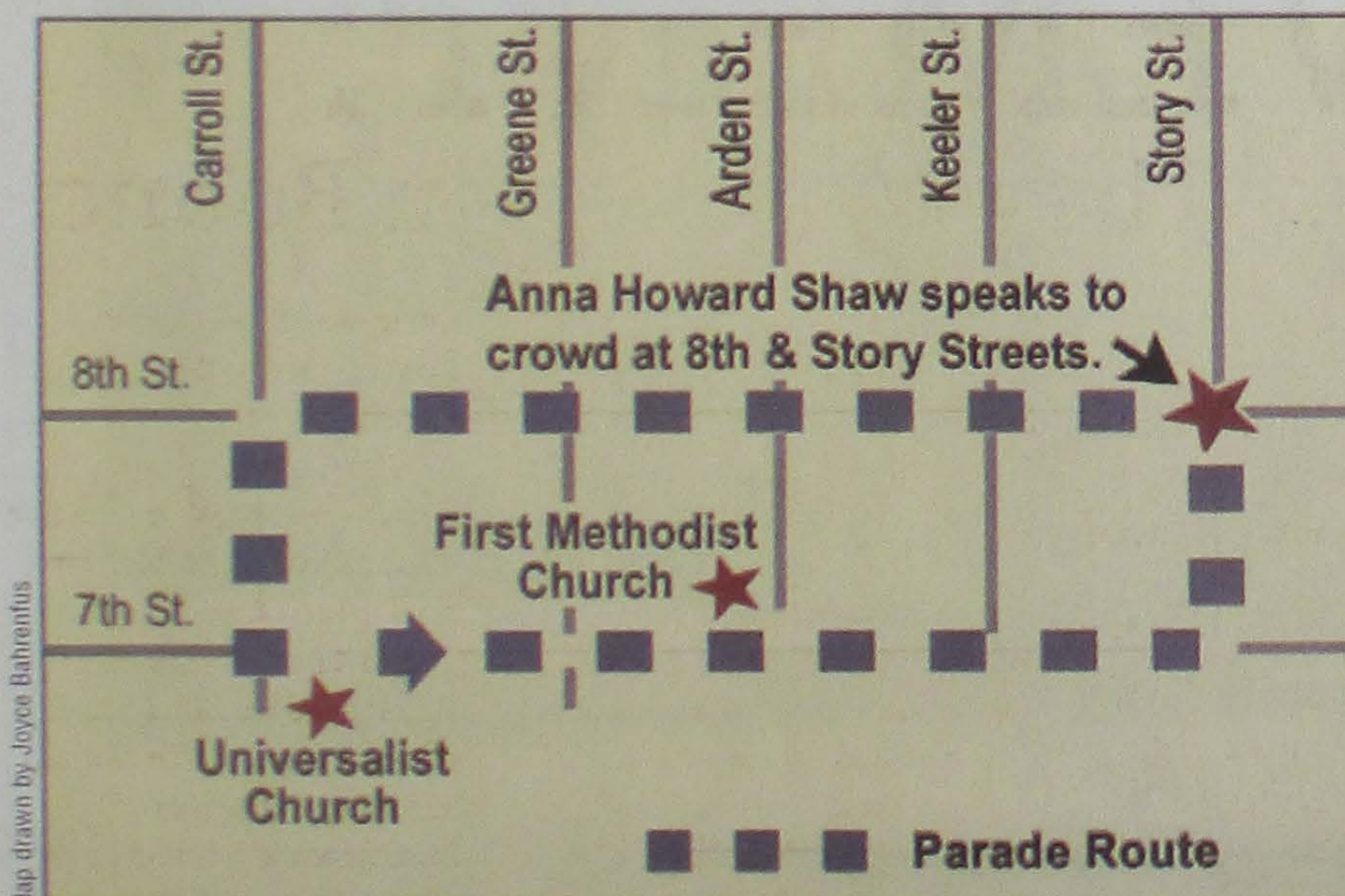
Though Iowans claim Boone's 1908 suffrage parade as the first in the nation, some historians disagree. Here's why:

In 1890, a handful of women in Little Rock, Ark., marched to announce a suffrage meeting. However they had no banners or band, and no crowd lined up to watch them.

A Feb. 16, 1908, suffrage march was organized in New York City. But the city's police inspector declared parades illegal on Sunday. Though 1,000 men turned out to watch the event, only 23 women participated without bands, banners, flags or speeches.

On Aug. 28, 1908, women in Oakland, Calif., walked together to a suffrage meeting. Again, they walked without traditional parade paraphernalia.

No matter what constitutes a parade, Boone's event was one of the earliest and most elaborate. Without a doubt, it deserves an anniversary celebration.



Map drawn by Joyce Bahrenfus

The 2008 re-enactment parade will follow the same route used in 1908.





Photo courtesy of the Stevens family

The Stevens home in the early 1900s

### Who Was Rowena Edson Stevens?

Rowena Edson was born in Columbus, Wis., in 1852. Her family moved to Iowa when she was a girl. In 1873, she was a member of Iowa State University's second graduating class. Her husband, John Stevens, was a local judge and lawyer. When they were first married, they lived in Ames and later moved to Boone. Their impressive Boone home is located at 728 Linn St.

She organized both the Ames and Boone Political Equality Clubs. Rowena held various offices in the Iowa Equal Suffrage Association, including its presidency in 1894.

Her involvement in the suffrage movement was similar to that of many upper class Iowa women of the time. Progressive in her thinking, she used her standing in the

community to address the social ills of the day.

Rowena Edson Stevens died in 1918, one year before the 19th Amendment became law, granting women the right to vote. She and her husband, John, are buried in the Ames Municipal Cemetery.

### What's Happening on Oct. 25, 2008?

Though still in the planning stages, the anniversary celebration promises to be a gala. The day will include:

A re-enactment of the parade, including marchers in period costumes and vintage automobiles, following the original route.

Actors filling the roles of major players and Iowa women marching in the parade. The part of Rowena Edson Stevens will be played by one of her descendants.

A reception at the Boone High School, which is across the street from

the location of the former Universalist church.

The creation of an exhibit that will travel throughout the state.

Volunteers are needed, both to work behind the scenes and to walk in the parade. Marchers must wear period costumes and follow other guidelines. For more information, call the Boone County Historical Society at (515) 432-1907. Contact Suzanne Caswell at the same number to learn about an informational presentation about the historic convention and parade, available on Power Point.



Photo by Suzanne Caswell

The Stevens home today.



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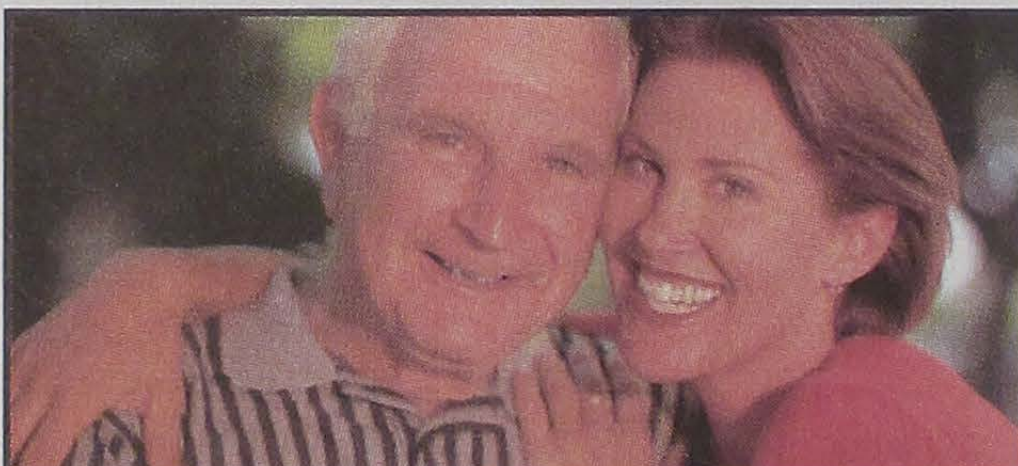
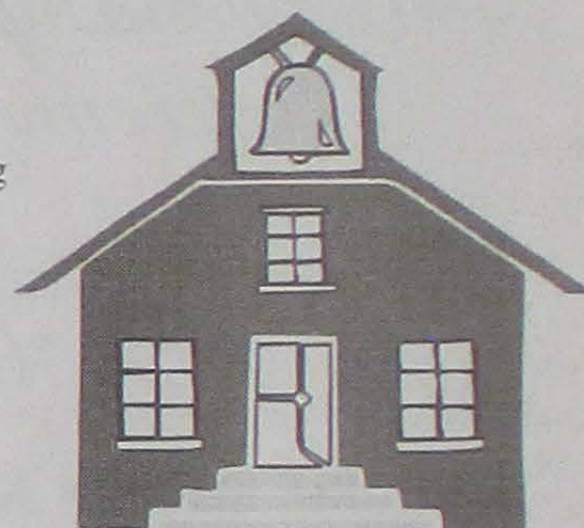
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# How I'm spending my winter vacation

By NANCY LEWIS

**G**enerations of schoolchildren in the United States have had as their first composition assignment in September to write about their summer vacations. My family always went from Ohio to Iowa to visit relatives. So some years I just wrote the same composition as I had done the year before! Anyway, here is what I did for my winter vacation in January 2008.

Ed and I had tickets to fly to Burbank, Calif., on Dec. 30. Instead, on Jan. 2, I was admitted to Mary Greeley Medical Center and began chemotherapy for acute lymphocytic leukemia.

This had been something of a surprise. I had been feeling what my grandmother would have called "poorly" all fall. I was losing weight (the first time a doctor ever told me to eat more!) and taking a lot of naps. When my platelet count started dropping, my doctor and I decided that I needed to see a hematologist (blood specialist). So I did, and the probability of a blood cancer was diagnosed, but just which cancer required further tests. So we were able to drive to the Twin Cities for our family Christmas while we waited for the final decision.

I have had all kinds of good fortune. The cancer was diagnosed on the basis of lab tests, so I never got sick from having it. Fifteen years ago I developed Type II diabetes, which I have been able to manage by diet and exercise only, so my 74-year-old body is in excellent shape. I had a "port" inserted under the skin of my right upper chest, so intravenous fluids can go directly into the port and blood can be drawn out of it. Without it, I'd be a pincushion by now. I came through the first chemotherapy — four days of IV fluids — with no pain or discomfort except for some ulcers in my mouth.

I am enjoying being in the hospital.

Someone has said that Heaven will be just like Earth, except that there will be more love. I find a lot of love on Five South (the cancer floor). The nurses are angels, as are the patient care technicians (nurses' assistants who do much of the patient care). I can take a nap whenever I want. I have no dishes to do, no cleaning, no laundry, and no errands to run thanks to my husband and my friends. I can order my meals from room service and eat them when I want. Since I developed a sore mouth, I can order anything pureed. Pureed pancakes with syrup are yummy!

I have a cell phone, and the in-room reception is very good. We have now worked out with our cell phone provider a plan that allows our family members to call each other free. I can talk to my children and grandchildren whenever I want and as long as I want.

I'm not sorry to have lost my hair. I didn't like it much anyway, and I'm hoping it will grow back thicker and curly! I never realized how much time my hair took. I opted not to get a wig, but I have lots of great hats.

One of my challenges in the hospital was learning to manage my IV pole, which has to go with me when I'm having IVs. One of the doctors told me to give it a name and learn to dance with it! So it is now Fred (Astaire), and I'm his sister, Adele. We're developing a routine, which is not yet ready for prime time.

Many people are praying for me and

sending me good wishes. That is the best gift I can receive, but e-mail messages are great, too, as are cards. I would love cards or e-mail messages from anyone. If you enjoy my columns, I would so much like to know who you are and why you read Facets.

I'd like to mention some resources that are making my life more blessed. Several local bakeries help with my rather strange high-calorie, high-sodium diet. We get carry-out meals frequently and appreciate particularly those places that deliver or have drive-up windows, since it has been so cold outside.

I have a wonderful service that helps me and my husband so much when I'm not in the hospital. Their ladies have taken me to the clinic and waited with me, have done my errands, and have cleaned my kitchen and bathroom. They're also available to take me shopping, to do a lot more cleaning, and to provide many other helpful services. Our pharmacy has also been a great resource, not only of medications but also of items such as a thermometer that has a "beep" loud enough for me to hear.

And I've learned to appreciate even more our two wonderful Ames libraries. I'm looking forward to reading some books by Angela Thirkell, an author whom I've recently discovered and who is well represented in both of them.

So I am still The Happy Old Lady. I'll keep you informed as to how things go. Thanks for reading my columns.



Nancy Lewis lives and writes in Ames. She can be reached at [nswlewis@hotmail.com](mailto:nswlewis@hotmail.com).





# Forward-thinking women around the world

## Iraqi policewomen keep their guns

**B**AGHDAD, Iraq — Iraqi police officials have dropped plans to disarm policewomen and give their guns to male officers following an outcry from critics, who said the move was a sign of religious zealots' rising influence in Iraq.

Despite the turnabout, the U.S. military general who introduced women into the police force said they remained hindered in their attempts to practice real policing skills.

"Even with the revocation order, we will have to watch very closely the actions taken in regards to the remaining female Iraqi police," said U.S.

Army Brig. Gen. David Phillips, adding that there "are numerous ways" to drive women from the force.

The Interior Ministry's decision to revoke the order was done as quietly as the original order to seize the weapons. The ministry announced neither, but critics complained after the Los Angeles Times obtained documents outlining the weapons seizure order and reported on it.

Maysoon Damluji, a woman member of Parliament, raised the issue with national lawmakers in December, prompting the Parliament's Complaints Committee to seek an explanation.

In a brief response dated Jan. 17, an Interior Ministry official said the order had been "reconsidered" and the ministry "decided to return all the pistols" to policewomen.

A ministry spokesman, Col. Saddoun Abulollah, said few policewomen had abided by the order in the first place but that all who did had their weapons returned to them. He described their number as "a handful" of the roughly 1,000 women who have qualified as policewomen since U.S. forces introduced female recruitment efforts in late 2003.



## Pakistani women weigh Bhutto's legacy

**L**AHORE, Pakistan — Benazir Bhutto's assassination in December has led many people here to reassess her contribution to women's rights in her homeland: Was she merely an iconic figurehead, or did she bring real change through her actions and public policies?

Lawyer Asma Jahangir, Pakistan's leading human-rights advocate, said Bhutto did more for women than any other Pakistani leader — including appointing female judges and establishing a commission for women's rights.

"She opened the dialogue of women's rights in Pakistan," Jahangir said. "She did more than talk, she walked the walk. We just expected her to walk more."

In Pakistan, seven out of 10 women can't read — one of the highest illiteracy rates in South Asia. So-called honor killings, gang rape and sexual attacks are frequent, but people who report assaults are more likely to go to prison than see justice.

Critics say Bhutto was a flawed leader whose two terms as prime minister were ineffective.

Supporters say Bhutto brought progress for everyday women in other ways, including the creation of the first women-run bank, health-care programs and female-staffed police stations.

"Her record on women's rights may not seem great, but she was leader of all people, and felt she couldn't afford to exclusively promote women and alienate men," said Saba Khattak, a fellow at Pakistan's Sustainable Development Policy Institute. "She had to tread a path somewhere in between. That's the reality of politics."

## Saudi women may have right to drive

**J**IDDAH, Saudi Arabia — Buoyed by recent advances in women's rights, a group of women campaigning for the right to drive in Saudi Arabia, the only country in the world that prohibits female drivers, says it believes the ban will be lifted this year.

The group has collected more than 3,000 signatures in the past five months and is hoping King Abdullah will issue a royal decree before the end of the year giving women the right to drive.

Since taking the throne in 2005, Abdullah has championed women's right to work and often takes official trips overseas with delegations of female journalists and academics. The king has said that he does not oppose allowing women to drive but that society needs to accept the idea first.

Saudi Arabia follows a strict form of Islamic law that does not allow women self-guardianship, mandating a male guardian for women of all ages. A

woman cannot travel, appear in court, marry or work without permission from a male guardian, sometimes her own son.

Until recently, women were also barred from checking into hotels and renting apartments unless they were with a male guardian. But a royal decree announced this month now allows women to stay in hotels and furnished apartments unaccompanied.



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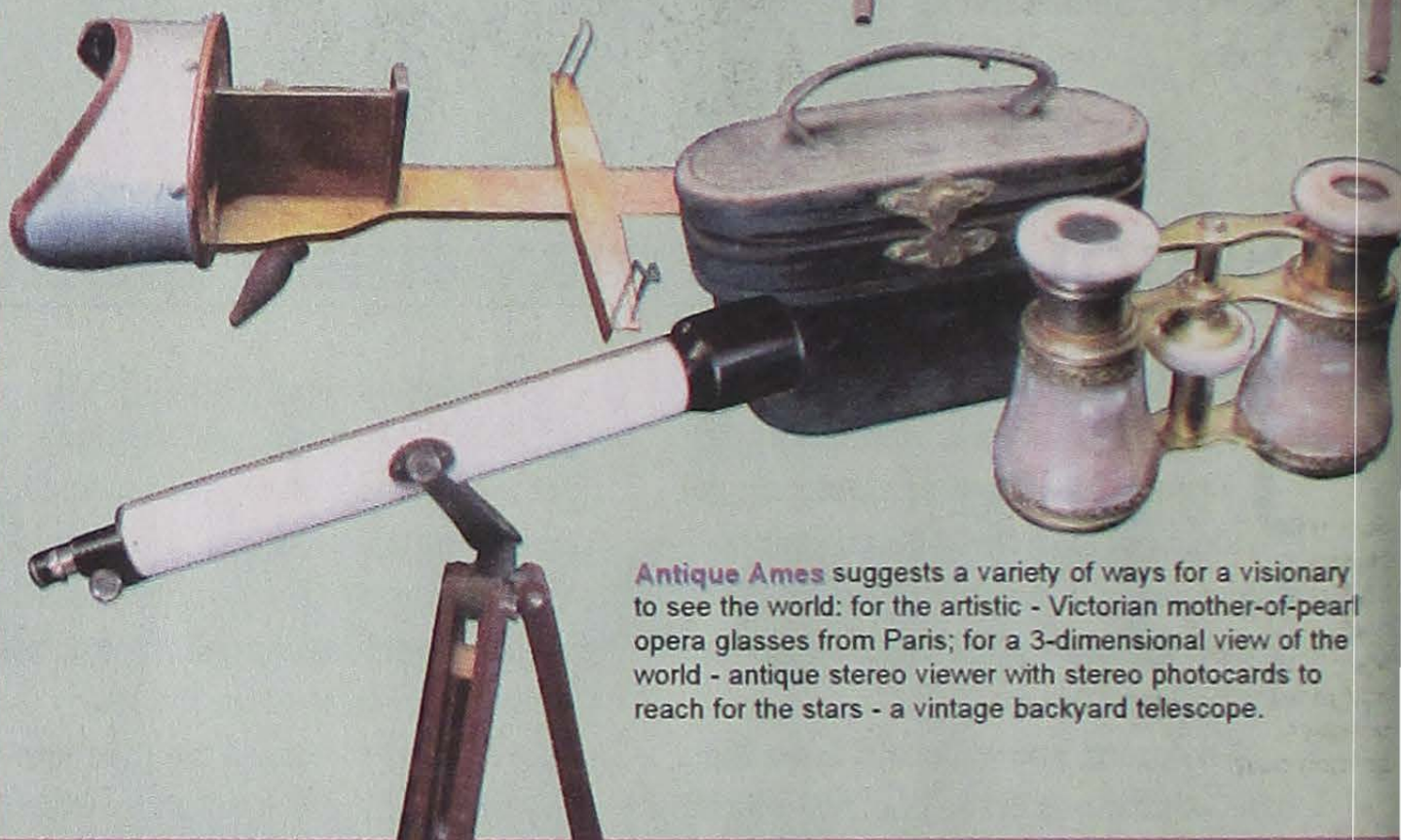
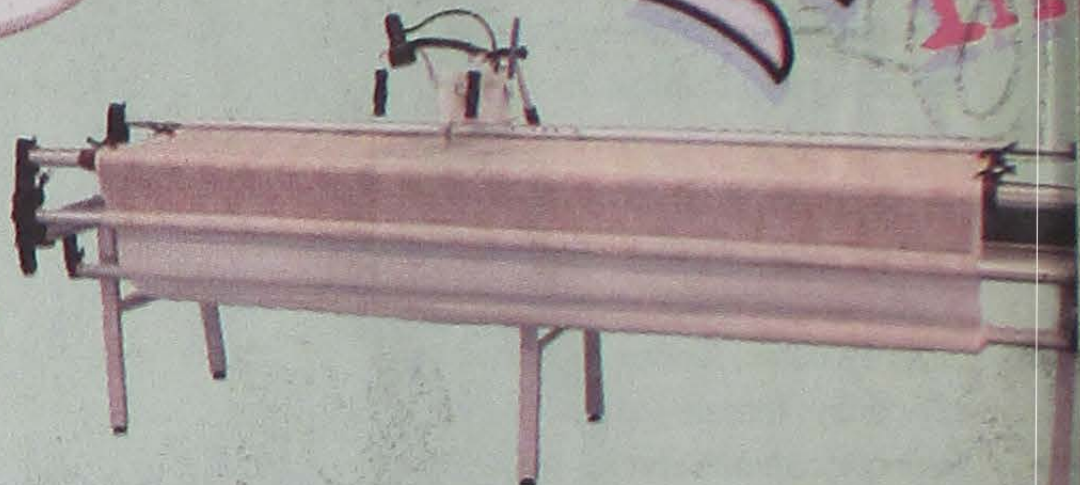
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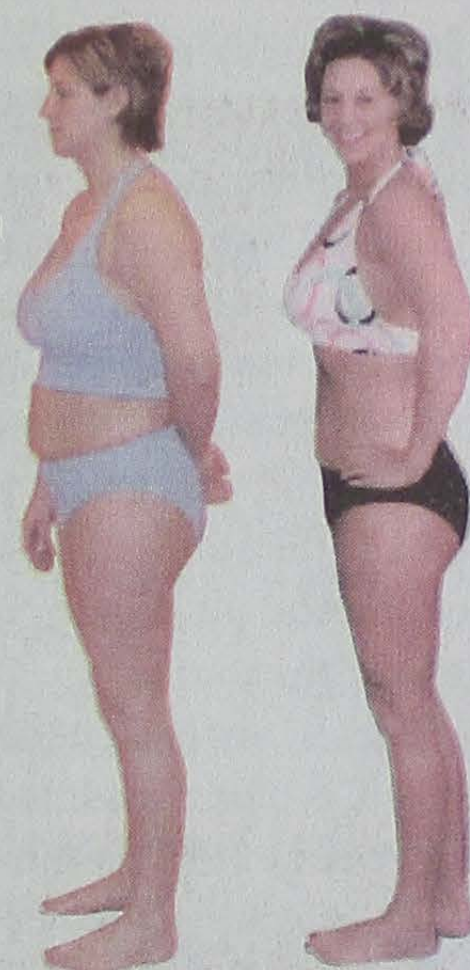
Wrap jacket by Octagon Shop artist, Ginny McKeever. McKeever will be demonstrating her techniques on March 29, from 11-3 p.m. in the **Octagon Art Shop**. Third place award in 40th Annual Clay, Fiber, Paper, Glass, Metal, Wood Exhibition at the **Octagon Center for the Arts**, *Losing Holy Dog*, by Ames artist, Barbara J. Walton.



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# Devoted to politics:

## Jan Bauer turns beliefs into action

By SUSAN VERNON

**I**n January, Iowans made history, marching to their neighborhood caucuses in record numbers. Across the state, volunteers from both parties were pulling folding chairs from storage closets and scrambling for voter registration cards to accommodate the unprecedented turnout.

Story County Democratic Party Co-chair Jan Bauer sat in a room of the Memorial Union watching the scene unfold. For her, the evening was the culmination of months of hard work. It was Bauer who had secured the caucus sites for Story County Democrats, Bauer who had ensured precinct captains were trained, Bauer who had distributed all those voter registration cards and Bauer who collected the results and packets from 43 Story County Democratic caucus sites when the voting was complete.



Photo by Ronnie Miller



## The caucuses

"It was a challenge," she admits. "The caucuses have just exploded. (Barack) Obama was on the ground in Iowa in February 2007 and (Hillary) Clinton and (John) Edwards were right behind him. We have never had so many strong, viable candidates and they have never been here so early. The amount of contact Iowans had with candidates was huge."

In addition to the unusual size of the pool came a last-minute change of caucus date, making Bauer's job even more demanding.

"I had all the caucus sites secured in September and then they changed the date and I was on the phone again trying to find new locations. By that time, everything was taken. A lot of sites that were available were inadequate for the numbers we were expecting. Then we had to get microphones ... and precinct captains had to be trained. My phone was ringing off the hook for weeks. We even had Republicans calling to ask where their caucus sites were."

The hard work paid off.

"It was a success for the party. That evening was so amazing," she said. "We were prepared with supplies but no one really expected that kind of turnout. It was just incredible."

## From Kennedy to Kerry

For Bauer, caucus 2008 was just one exciting moment in a lifetime devoted to political activism. From John Kennedy to John Kerry, Bauer has been a student of, and a player in, the political game.

"I grew up chanting 'Kennedy, Kennedy, he's our man. Nixon goes in the garbage can,'" she laughed.

Much has been made of the role of religion in politics this year. For Bauer, the two are never in conflict.

"People are surprised to learn it was a minister who first got me interested in politics," she said.

"This is the implementation of my

religious beliefs. You can have all these convictions but if you don't have a way to implement them what good are they? Politics is how I implement mine."

She vividly recalls the first election she followed with intense interest.

"It was 1972 and I was parked in front of the television waiting for the results to come in. What kind of kid does that? I think I was one of those kids who wanted to be a hippie but didn't have the guts."

Bauer was 14 and her candidate was George McGovern.

"I knew McGovern would change the world and I would be a part of it. Boy was I in for a disappointment!"

Her spirits were not dampened long. In 1976, she entered Iowa State University as a political science major, eventually graduating with a master's in public administration, making politics not only her passion but her life's work. She has been involved directly in political campaigns for nearly 30 years.

"I love being behind the scenes where all the action is," she said.

## Choosing sides

Since 1996, Bauer has served as Story County Democratic Party co-chair. She spends her days answering phones, organizing fundraisers, campaigning for local, state, and national candidates, and maintaining the county party's Website.

"We want to maintain the presence of an active local party even in a non-election year," she explained. "We have a very strong party presence in Story County."

Despite a very busy schedule, Bauer finds time to take leadership roles in the campaigns of candidates she personally supports.

"Some party chairs don't believe in doing that ... but if I've got a personal favorite I think people need to know. For a county chair not to get involved in the caucuses is like an athlete having to sit out a big game and watch."

She has championed the causes of such presidential hopefuls as Jimmy

Carter in 1980, Bruce Babbitt in 1988 and Tom Harkin in 1992.

"I campaigned in New Hampshire for Harkin," she remembered. "He still says, 'Jan Bauer marched through the snow for me in New Hampshire.' There wasn't that much snow or marching," she laughed.

That same year she attended the national convention in New York as a delegate for Harkin.

"That was amazing!" she said of the event which included a style show and a midnight tour of New York City. "But we really were television props by that point. The decisions had all been made."

In 2004, she threw her personal support behind John Kerry.

"When he lost it was like a death in the family," she mourned. "I know that sounds extreme but we are extreme people."

This year, she served as co-chair of the Obama steering committee.

"He didn't have to work hard to sell me," she said. "Obama has a really inspirational message and the potential for a lot of cross-over voters."

Her experience in politics has taught her it takes more than message to win an election, however.

"I look at organization. To me, organization is important to seeing how credible a candidate is. Organization wins the Iowa caucuses and organization wins the general election."

She is quick to add that she will proudly support any party nominee.

"I tend to be a pretty good cheerleader," she smiled. "Whoever the nominee is, I will be right there duking it out."

## Women's issues?

"I'm not sure the issues that drive women are any different than the issues important to men," Bauer observed.

"There are stereotypical women's issues — healthcare, education, social justice, women's equality — but when it comes down to voting for a candidate I don't know if there is that big of a difference. Men care about healthcare too;



men care about education."

She does believe there are differences in how the genders perceive candidates, however.

"Women and men react differently to styles, mannerisms, the candidates' approach to one another." A "macho" male candidate may garner more support from men and less from women, for example.

Bauer tries to look at the complete package when she decides to support a candidate and she doesn't believe the argument that women should always vote for women.

"If the candidate doesn't fit the time, the candidate can hurt the cause more than advance it," she explained. She believes every viable candidate in her party will advance the cause of women, ethnic minorities and the disenfranchised.

She is encouraged by what she sees in the 2008 race in terms of gender and racial equity.

"This election shows one's gender or ethnic background is no longer a barrier. Gender and ethnicity are irrelevant. People may say I'm nuts but I think it is irrelevant."

She believes the impact of this election on women will be lasting, regardless of the outcome of the Democratic convention or general election in November.

"(Clinton) has been out there. She's been a credible candidate. She has worked hard and strong and had a strong organization. If she wins, it is not because she is a woman and if she loses it is not because she is a woman."

## Building the future

"There were so many young people involved in the caucuses this year. I have never seen anything like it. I find that encouraging. I can't explain why that was true for (Republicans) but for Democrats I would say the war. People see how important it is to be involved.

"People are looking to rebuild our

respect in the world. They are looking for affordable healthcare. They are looking to do something about global warming and the environment. They are looking for good jobs and a strong economy and quality education. We are our brother's keeper. We are our sister's keeper. As a civil country it is our duty to work together to take care of one another."

She added that most people are looking for change.

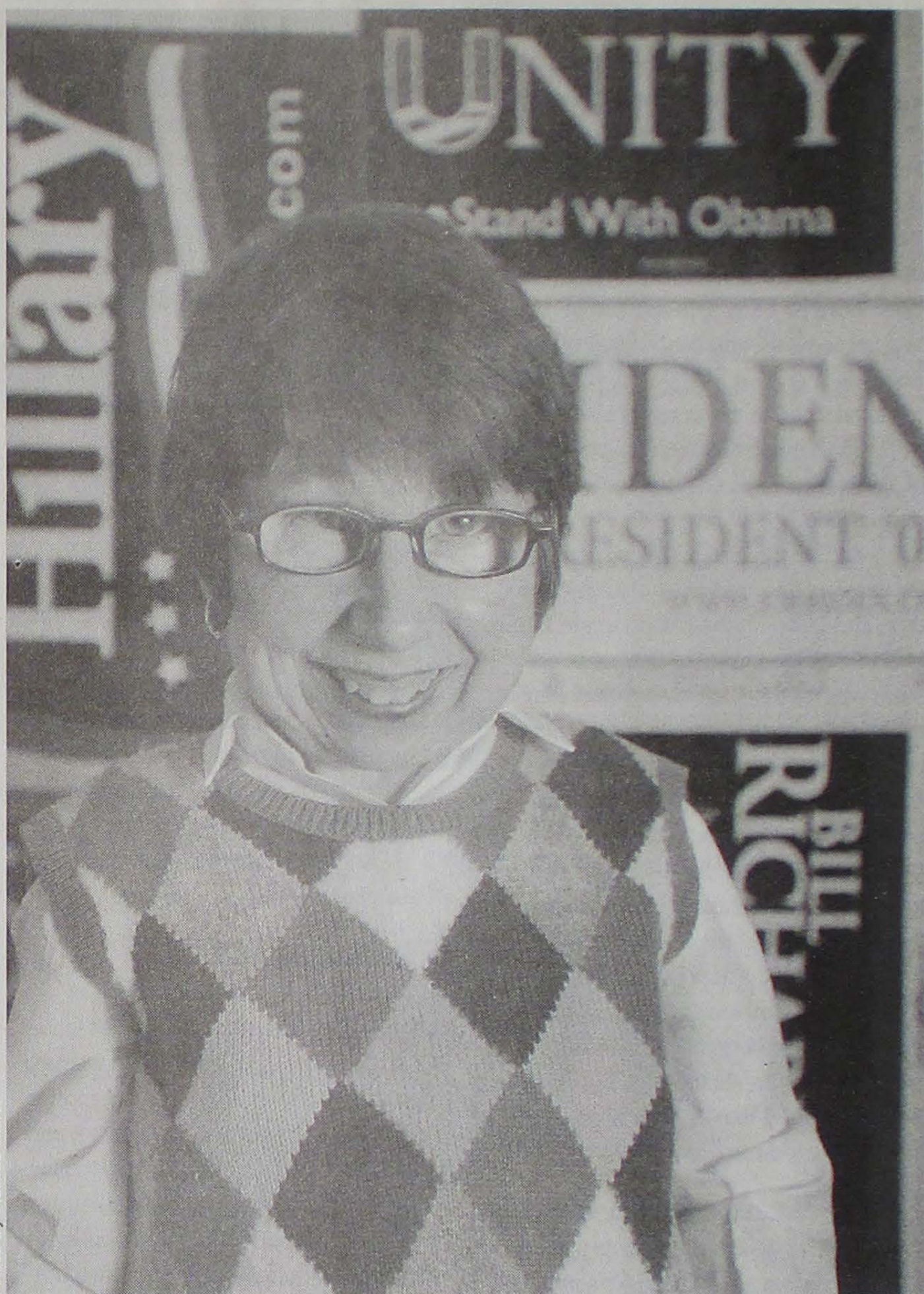
"We want a country that works

together again. We want change – not just policy change – change in how business is done. We want people to work together again. The right person can draw the parties together."



Susan Vernon is a freelance writer from Ames. She can be reached at [smvernon@mchsi.com](mailto:smvernon@mchsi.com).

Photo by Ronnie Miller





# She said, she said ...

## Generations split on gender question

By FAYE FIORE  
Los Angeles Times

**D**OVER, Del. — Pauline McCloskey, 84, and Caitlin Zadek, 20, may be separated by six decades, but both profess a devotion to the ideal of gender equality — the bedrock goal of the modern feminist movement. Yet in contemplating the Democratic presidential nomination contest, they have come to different conclusions.

For McCloskey, a retired secretary at a girdle factory here, a woman's rise to the White House is reason enough to vote for Hillary Rodham Clinton.

For Zadek, a University of Delaware English major, the progress women have made in American society frees her to support a more inspiring Barack Obama.

Their split reflects a spirited national dialogue underway as women decide whether to send history's first viable female candidate to the White House.

Polls show women tend to favor Clinton — a gender bias her campaign strategists are counting on. But Obama cut into that support in two of four early voting states. Older women lean toward Clinton, younger ones toward Obama. Working women favor him, those with children at home like her. And then there is the factor of race, which helped Obama garner 54 percent of the female vote in South Carolina earlier this year, with 78 percent support among black women.

"It's about time we support a woman for president," McCloskey said over a hot lunch at the Modern Maturity senior center, a few blocks from the Playtex girdle factory where she hired on in 1944, after the boy she was to marry disappeared at Pearl Harbor.

While Clinton's generation of women was spouting fiery feminist rhetoric, burning their bras and plotting their careers, McCloskey sat with her steno pad, taking hours of dictation for the men who oversaw production of a nation's worth of ladies undergarments.

After living and working through an era that marked a revolution in gender relations, she can't wait to back Clinton for president. A lifelong Democrat, McCloskey even would support a political opposite — Republican Secretary of State Condoleezza Rice — so long as a qualified woman gets to take the helm.

"I think it would lift women up. It would be easier for them to get promoted," she said of a political possibility she didn't think she would live to see.

"I'd only hoped."

Over in Newark, about 30 miles from the old Playtex plant, Zadek shares a house near her college campus with five roommates.

A junior, she has only heard stories about the experiences McCloskey lived, an age in which women could become teachers, nurses and secretaries but never occupy a corner office — much less the Oval one. But in Zadek's view, the strides toward gender equality her mother's generation made mean she can vote for a man rather than a woman and still be a good feminist.

McCloskey and Zadek represent the generational divide among women in this election, but age is only one factor on the table as they consider an historic choice.

In the small library at the senior center, seven women gathered to talk politics. Like McCloskey, most had felt the frustration of sexism — male jocks promoted over more qualified female teachers was just one example — but most had landed in Obama's corner.

Their reasons: They felt inspired by a candidate for the first time in decades and were ready for a new name in American politics.

"The Bush and Clinton dynasty has gone on too long," said Marianne Schap, divorced, 63 and a mother of six, breathless as she pulled over more chairs for women eager to join the discussion. She was never moved to volunteer on a cam-

paign until now. "Obama is sincere. He looks you right in the eye."

Phyllis Levitt, 72, listened quietly before professing her admiration for Clinton. Gender had nothing to do with it — she backed Delaware Sen. Joseph R. Biden Jr. until he dropped out. It was Clinton's intellect, and the way she weathered a humiliating marital crisis to keep her family together that impressed Levitt, a retired English teacher.

"If it's going to be Obama, she deserves to go on a little further, so she doesn't feel like she failed."

The historic firsts that have prompted record turnouts in this Democratic race have ignited voter interest even at the University of Delaware, rated the fourth most politically apathetic campus in the country last year by the Princeton Review.

On the cusp of leaving college for the working world, several feared they would not be taken as seriously as men and would earn less pay for the same work.

"Isn't it 77 cents on the dollar?" asked Renee Legare, 21, a senior majoring in psychology and sociology, with a minor in women's studies.

Legare saw Clinton as a possible remedy for the stubborn vestiges of gender bias. "It's empowering for women. It's needed. She has had to overcome more than other candidates, dealing with stereotypes. She has had to be strong."

But others suspected Clinton would wind up another victim of sexism, unable to command the respect a man would even from the most powerful job in the world.

"I like Hillary but I don't think it's the right time. People would give her a rough time. She got shot down in the health-care plan," said Kimberly Mesceda, 22, an English major, recalling Clinton's attempt at universal health care as first lady. "Many people say we are equal, but they still don't act that way."





Photo by Jolene Philo

Picket Fence Creamery, in rural Woodward, bottles milk and cream produced by its herd of 80 Jersey heifers. You can purchase Picket Fence products at Wheatfield Grocery and Hy Vee in Ames. Or you can shop at the creamery and watch the bottling process through a viewing window. Go to [www.picketfencecreamery.net](http://www.picketfencecreamery.net) for a directions and a map.

## *Taste a little springtime...* Panna Cotta with Rhubarb Sauce

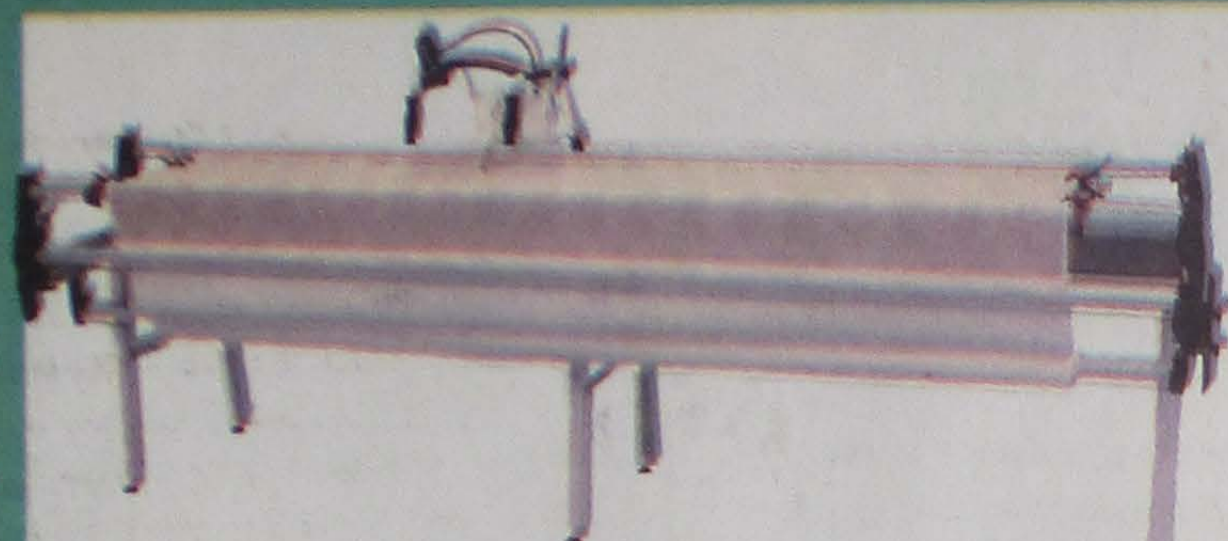
**M**arch can be a cruel month. It sends a few warm days to raise our hopes, then unleashes snowstorms and icy winds to remind us that winter still rules. Sure, seed catalogs crowd our mailboxes, and we dream of fresh asparagus and rhubarb in another month. But on a cold March night, those tantalizing flavors seem far away.

You can add a taste of spring to supper tonight. Try this easy panna cotta recipe, created by Donna Prizgintas, an Ames chef and food policy specialist. Drizzle the rich dessert with chocolate or espresso sauce. Or top it with stewed rhubarb made from what you froze last spring. Heat a cup of frozen rhubarb in a saucepan with a little water. Add sweetener to taste and cook until it becomes a thick sauce. Let the creamy panna cotta mingled with rhubarb's tang hold you over until spring comes to stay.

- 1 cup cold milk
- 1 envelope plus 1 teaspoon unflavored gelatin
- 2 cups heavy cream
- 3 tablespoons sugar
- 1 teaspoon vanilla extract

Combine the milk and gelatin in a bowl and set aside. Put the cream and sugar in a heavy-bottomed pot over a medium flame. Just before the mixture starts to bubble, add the vanilla. Add the hot cream to the gelatin mixture. Whisk to combine. Pour the mixture into 4 – 6 oiled individual molds. Cool to room temperature, then cover with plastic wrap and refrigerate for at least two hours or overnight, until fully set. When ready to serve, dip the molds in hot water for 15 seconds to release the panna cotta, then invert onto serving plates.





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# FACETS calendar

If you have an event that would be of interest to Facets readers, please send it to [news@amestrib.com](mailto:news@amestrib.com) with "Facets Calendar" in the subject line.

**Sunday, March 2** — Phyllis Lepke, "What's Your Legacy?" 2 p.m., Brunnier Art Museum. Lepke was responsible for selecting and researching each individual in the What's Your Legacy? Exhibition. This research has been shared with many visitors who made trips to the Brunnier. For this lecture, Lepke returns to share her special knowledge of select legacies and to encourage museum patrons to share theirs, as well.

**Wednesday, March 5** — Margaret Sloss Equity and Scholarship Award Luncheon, 11:30 a.m., in the Gallery Room of the Iowa State University Memorial Union. Tickets are \$15 and are available at the Sloss House. RSVP for the luncheon by Thursday, Feb. 28.

**Thursday, March 6** — Last Chance Gallery Walk, 7 p.m., Christian Petersen Art Museum. Take this opportunity to join University Museums for a last look at the exhibition, "Albert Paley I Portals and Gates." Doors to the museum open at 6:30 p.m., tour begins at 7 p.m.

**Saturday, March 8** — Hip-Hop Bunny Party, 11 a.m., North Grand Mall. Celebrate the bunny's arrival at North Grand Mall. Kids will decorate their own Easter basket, learn the bunny hop and enjoy other fun activities. Greet the bunny as he hops on in. He'll have a special egg for each participating child.

Pre-registration is required by Wednesday, March 5, at the mall customer service center at 232-3679 or [info.ngr@gkdevelopment.com](mailto:info.ngr@gkdevelopment.com). The event is free for kids 10 and under.

**Sunday, March 9** — Art Book Club, "Museum of the Missing," 2 p.m., the Brunnier Art Museum. This book offers an intriguing tour through the underworld of art theft. Not only is the volume beautifully written and lavishly illustrated, it tells a true story as fascinating as any crime novel.

**Wednesday, March 12** — Wednesday Walk, "Agriculture, Animals, and Art," noon, meet at Janus Agri-Altar in the courtyard of the Agronomy Building on the Iowa State University Campus. This Wednesday we explore two of Christian Petersen's works of art, Agronomy Mural and the History of Dairying along with Beverly Pepper's Janus Agri-Altar.

**Friday, March 14** — Easter Pet Photos, 7 to 9 p.m., North Grand Mall. Bring your pet to North Grand Mall for a professional photo with the Easter Bunny. Prices start at only \$10.99. Pets must be on a leash or in a carrier.

**Saturday, March 29** — Trunk show of new designs by Ginny McKeever, fiber artist and clothing designer, 11 a.m. to 3 p.m., at the Octagon Art Shop, 427 Douglas Ave., Ames. McKeever demonstrates her techniques of constructing her original kimonos and wrap jackets. For more information, call 232-5331 or visit [www.octagonarts.org](http://www.octagonarts.org)

**Sunday, March 30** — Jerome Thompson, "Two Sheets of Paper, One BIG Idea," 2 p.m., Christian Petersen Art Museum. The Morrill Act of 1862 is considered by some to be one of the most important legislative documents in American history. Jerome Thompson, state curator for the State Historical Society of Iowa, will explain this document and accompanying exhibition and offer insight concerning the significance of an act that changed the nation. Doors open at 1 p.m.

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Photo by Ronnie Miller

Iowa State University fourth-year veterinary medicine student Mandy Hoyt helps Karen Kline, DVM, examine wheaten terrier Karma at the facilities in Ames.

# More women take path to science careers

By WILLIAM DILLON  
Staff Writer

**L**ast December, three young women from high schools on the East Coast made history by taking home the top prizes at the Siemens Competition in Math, Science and Technology.

The accomplishment marked the first time in the nine years of the competition that young women swept the top spots.

And it was more than just history that the students changed that day. The results opened the eyes of many Americans to a growing trend in education: More and more women are catching the bug to enter science, technology, math and engineering classes.

While the gap in standardized tests between young men and women in math and science still exists, the margin is shrinking thanks to the growing participation of women in these classes across the country.

That interest is shown to be carrying on through to college as the percentage of undergraduate women continues to rise in many science, technology, engineering and math departments across the country.

At Iowa State University, the percentage of women in agricultural biochemistry, for example, has risen from 38 percent 20 years ago to now encompassing half of the class. During that

same time, the percentage of women majoring in animal science has risen from 35 percent to 45 percent, and in genetics it has risen 55 percent to 70 percent.

In the College of Veterinary Medicine, the representation of women has jumped from 43 percent in 1986 to almost 75 percent today.

But it did not come about by pure chance. One major influence at ISU in particular is its Program for Women in Science and Engineering.

Based in the provost's office at ISU, the program was started 21 years ago by a group of about 40 faculty members involved in math, science, technology





Photo by Ronnie Miller

Iowa State University fourth-year veterinary medicine students Helen Hughes and Jodi Takes help Stephanie Thomovsky, DVM, wrap miniature pincher Titan during an examine at the facilities in Ames.

and engineering who were passionate about getting more women into their classes.

Today, the program partners with Girl Scouts and other groups to reach as many young women as they can, focusing on providing science and math role models for girls and giving them the excitement and sense they too, like young men, can make it in a science, technology, engineering or math field.

The program also works with the ISU admissions office on recruitment, bringing high school seniors to campus to live in the dorms, attend classes and get a first hand look at what it is like to be a student in a math or science field.

On campus, the program coordinates learning communities where women studying math and science can live and learn together and interact with

professionals in their fields.

"The program can't take all of the credit for all of the rise, but the percentages of women in (science, technology, engineering and math) fields have gone up dramatically over the course of that 20 years," said Karen Zunkel, director of the program.

The trends have shown, in general, that women tend to enter fields of science and engineering that are biological-based or that focus on life, Zunkel said.

"Degree programs where the connections to creating a positive impact on life – human, animal or plant – or social/environmental issues is readily seen," she said.

One specific example is the strong pull of the environmental option among the 21 percent of women enrolled in the

civil engineering degree program.

ISU's numbers tend to correspond with numbers and trends nationally.

While some math and science classes at ISU have gained overall women representation, others have remained stagnant, while others still have lost women.

Take computer science, for example, which boasted that 28 percent of its students were women in 1986 when the Program for Women in Science and Engineering began at ISU. Today, it runs about 7 percent women.

"Now, are we where we want to be percentage wise?" Zunkel said. "In some disciplines, yes. In others, no."

*William Dillon can be reached at 232-2161, Ext. 361.*



# The Ames Contracting Team Enhances Way of Life...



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The newly renovated bath house features a large handicap accessible ceramic tile shower that provides easy wheelchair access for the Evangelical Free Church Home's residents. In order to make the residents more comfortable, the Ames Contracting Team worked with the EFCH staff to ensure that the results created a relaxing spa-like atmosphere for the resident's pleasure. Ceramic tile was installed on the floors, walls, and custom shower, for ease of cleaning and elegant appearance.

Another feature of the bath house is the therapeutic whirlpool tub that features an easy entry design. "In the past, residents were lifted up and over into the tub," which Nan Sloan, Administrator at the Evangelical Free Church Home, said frightened many residents. This new

tub makes entering and exiting easier and safer. In addition, it is a good way for the residents to relax.

The Ames Contracting Team also installed an auxiliary hot water room heater that provides a comfortable and warm bathing experience. Hand rails were installed around the bathing room to increase safety and a feeling of security for the residents so they would look forward to their bathing experience.

"Not only do those improvements to the bath house increase quality of life to its residents, it provides the family members assurance that they are providing the best services possible for their loved ones," said Nan.

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## MEET A *faceted* woman



### **You have \$1000 to spend on yourself:**

With \$1,000 I would first buy a new stove and then splurge on a manicure and pedicure.



### **Julie Waters**

Owner of Rust Insurance | Volunteer with hospice care and animal shelter | Husband, Mike Hagen | Former foster parent for a total of 18 children | Former doggie foster parent with English Springer Rescue.

**Favorite meal:** Pizza – a good vegetarian one.

**I never leave home without:** MY LISTS!!!

**My favorite motto is:** Do what you need to do when you need to do it so you can do what you want to do when you want to do it!

**What makes me happy:** A warm summer evening sitting on the deck in our beautiful back yard, with my husband and two springers.

**What makes me feel confident:** Talking to my customers about insurance. Education is so important to be a respected professional and I have always tried to gain as much knowledge about my profession as I possibly can. I, in turn, try to educate my customers so they can make informed decisions about their insurance portfolios.

**Best tip to look and feel great:** Exercise, don't smoke, eat healthy foods.

**How do you take care of yourself financially?** I save for retirement, first and foremost – started at age 20. I spend my money wisely and always plan for the future.

**If I could do or be anything, what would it be?** I would be wealthy enough that I could devote my life to caring for homeless dogs, and advocating for tougher penalties to the scumbags who mistreat them.

**If I knew then what I know now:** I would have been better at saying "NO", and not so worried about what people think of me.

**How do I reward myself?** Cuddle with my springers and watch Boomerang on TV.

**My simplest pleasure:** A couple of hours at Carr Pool, swimming some laps and then a little sunbathing.

**I Crave:** To be in Palm Springs in the winters.

**When I am an old lady:** I will stay active and not act my age.

**I am thankful for:** Having parents who taught me good values, a good work ethic and instilled in me the importance of making conservative financial decisions – even at a very early age.

**What financial advice would you give other women:** Start saving early and don't live beyond your means.



### **What is your favorite kind of chocolate?**

**Julie Waters:** Milk chocolate. I prefer just a few M & M's, sorted by color, of course.

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